Food and Health in Wales

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Food and Health Policy

Quality of Food Strategy
To be developed for consultation by 30/4/07

Food & Well Being 2003
- Emphasis on food equality
- Outlines actions required to improve the diet of people in Wales
- Identifies actions to be led by Welsh Assembly and FSA Wales
- Also actions to be led by other key players
- Nine key recommendations
- www.food.gov.uk

Priority Target Groups
- Low income and other vulnerable consumers
- Infants, children and young people
- Women of childbearing age
- Middle-aged men
Recommendations

- Increase uptake of a healthy balanced diet
- Increase fruit and vegetable intake
- Develop initiatives to prevent and manage overweight and obesity
- Ensure appropriate national schemes and policies are in place
- Ensure appropriate local initiatives are in place
- Provide information and training to key players
- Develop and promote initiatives with the food industry
- Evaluate activities resulting from the strategy

Food & Fitness Implementation Plan 2006

- Promoting healthy eating and physical activity for children and young people
- Integration of nutrition and physical activity policy and programmes
- Builds on current national strategies and initiatives and local programmes

Food & Fitness - Key Actions

School Setting

- Extend the Welsh Network of Healthy School Schemes
- Improve the food and drink consumed throughout the school day
- Provide high quality PE, health related exercise and practical cookery skills

Community Setting

- Provide an environment that will encourage children and young people to access opportunities for physical activity and healthier foods
- Develop skills to enable children and young people to take part in physical activity and prepare healthier foods
Quality of Food Strategy

- Making food studies part of the National Curriculum, teaching children about nutrition as well how to cook healthy food
- Improving the nutritional standard of school meals and meals provided in hospitals
- Healthy eating schemes aimed at areas of social deprivation
- Reducing levels of pesticides and toxins in food
- Further encouraging the production and consumption of organic food
- Increasing local procurement working to reduce food miles

Quality of Food Strategy

- Social justice and empowering the citizen and communities
- Social role of food and family cohesiveness
- Food environment:
  - Retail planning, local authority development plans
  - Engagement of the food industry in Wales
- Food provision in the public sector
- Obesity and the links between diet and physical activity

National Support for Community Food Projects

- Funding since 2000
- Regional seminars 2003
  - Network established
  - Database of projects
  - Quarterly newsletter
- Evaluation support
- Training

Bitesize

- Quarterly newsletter
  - projects share experiences
  - information on funding sources, food and nutrition policy relevant publications, training etc.
- Contact Martyn Gray
  - 029 20801436
**Funding**

- Community Food Initiative 2000-2002
  - 32 projects
- Food and Fitness Grant Scheme 2003-2006
  - 47 projects
- Health Promotion Voluntary Grant Scheme e.g. WI Get Cooking
- Inequalities in Health Fund - a third of projects have a healthy eating and or cooking scheme element

**Training**

- OCN Community Food and Nutrition Skills Course
- Level Two being delivered across Wales by Community Dietitians
- Level One and Three under development
- Grant scheme to increase dietetic capacity in the community

**Food Co-operatives**

- Based on scheme in Cumbria- RRU
- Two year pilot scheme
- Funding further two years
- Support provided by Food Development Officers
- 100th co-op opened last month

**Resources**

- [www.bda.uk.com/weightwise.html](http://www.bda.uk.com/weightwise.html)
- [lifestyles@wales.gsi.gov.uk](mailto:lifestyles@wales.gsi.gov.uk)
Cooking Skills

Linking the Agendas

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